

Trainingsplan Unihockey Insieme 2020

Datum	insieme:		Flames:		
8.1.20	Sabrina Eschmann	Florian Hürlimann			
15.1.20	Reto Salzmann	Sabrina Eschmann			
22.1.20	Sabrina Eschmann	Flames			
5.2.20	Florian Hürlimann	Manoche Lorestani			
12.2.20	Florian Hürlimann	Flames			
19.2.20	Reto Salzmann	Manoche Lorestani			
26.2.20	Florian Hürlimann	Flames			
4.3.20	Florian Hürlimann	Manoche Lorestani			
11.3.20	Reto Salzmann	Flames			
18.3.20	Florian Hürlimann	Manoche Lorestani			
25.3.20	Florian Hürlimann	Flames			
1.4.20	Reto Salzmann	Manoche Lorestani			
22.4.20	Florian Hürlimann	Flames			
29.4.20	Reto Salzmann	Manoche Lorestani			
6.5.20	Sabrina Eschmann	Flames			
13.5.20	Reto Salzmann	Manoche Lorestani			
20.5.20	Florian Hürlimann	Flames			
27.5.20	Reto Salzmann	Manoche Lorestani			
3.6.20	Sabrina Eschmann				
10.6.20	Florian Hürlimann	Manoche Lorestani			
17.6.20	Florian Hürlimann	Flames			
24.6.20	Sabrina Eschmann	Manoche Lorestani			
1.7.20	Florian Hürlimann	Reto Salzmann			
12.8.20	Reto Salzmann	Flames			
19.8.20	Florian Hürlimann	Manoche Lorestani			
26.8.20	Sabrina Eschmann	Flames			
2.9.20	Reto Salzmann	Manoche Lorestani			
9.9.20	Florian Hürlimann	Sabrina Eschmann			
16.9.20	Reto Salzmann	Flames			
23.9.20	Florian Hürlimann	Manoche Lorestani			
21.10.20	Sabrina Eschmann	Flames			
28.10.20	Reto Salzmann	Manoche Lorestani			
4.11.20	Florian Hürlimann	Sabrina Eschmann			
11.11.20	Reto Salzmann	Florian Hürlimann			
18.11.20	Florian Hürlimann	Flames			
25.11.20	Sabrina Eschmann	Manoche Lorestani			
2.12.20	Reto Salzmann	Sabrina Eschmann			Chlauscup
9.12.20	Florian Hürlimann	Flames			
16.12.20	Sabrina Eschmann	Florian Hürlimann			

Tuniere:

25.4.20					Altendorf
9.5.20					Maienfeld
6.6.20					Chur